

CAREFUL EATING BEST COSMETIC—FAIR OF FACE IF "FADDY" ON FOOD

BY IDAH McGLONE GIBSON.

Dr. Woods Hutchinson said about five years ago that the greatest cosmetics were red beef, golden butter, white bread and other meats, fruits and vegetables.

He was right in his intimation,



Maxine
Elliott

"what one eats has an effect upon one's complexion," and he could have gone further and said that our food not only affects the coloring of our skin, but it changes our boney structures and our curving flesh.

The woman in one of the old-fashioned novels who insisted when her daughter went to boarding school she should eat only corn bread, milk and New Orleans molasses for fear that anything else would ruin her complexion had the right theory but the wrong practice.

However, "what is one man's meat is another's poison," and we cannot all eat the same things.

There is no class of women that are more "faddy" in their eating than the women of the stage, and those society women who are called professional beauties. These women are as careful of what they eat as they are of every other act of their waking days.

You will find no pampered appetites among beautiful women who are over thirty.

"Did you ever stop to think what effect food has upon you?" said Maxine Elliott once to me, during an interview on beauty. "You take drugs and expect that they will have immediate effect upon you, but you don't realize that everything you eat must have some effect as well."

"If we would regulate our diet we would have no use for drugs," said Florence Reed to me at another time. She pins her faith to raw vegetables; a salad of thin slices of raw carrot, cabbage and green peppers is a daily dish with her in the spring.

Maxine Elliot believes in the "grape cure" and each year she lives on the luscious fruit for at least ten days.

Beautiful Jane Cowl is fond of tomatoes for her spring diet each year.

All these women are dark-haired, dark-eyed beauties with complexions of Spanish hue.

They can eat and should eat things which are active upon the liver as dark-complexioned people are more apt to have sluggish livers than blondes.

It will be seen that each of these